



Using family values and belief systems as empowering tools

Family values and belief systems can serve to protect and empower family members and others around them, helping them to overcome and manage difficult circumstances. Families can be “a refuge and safe harbour for processing and holding complex emotional reactions”. The various values, skills and qualities learned within many families can also be useful when faced with a crisis, such as a disaster. These can include open communication, clear roles and boundaries, the ability to express and respond to feelings and emotions, and collective problem-solving capacities”. These attributes can all contribute to an individual’s capacity to cope with devastating circumstances and their ability to help others in the community. Again, these attributes are dynamic and tested in disaster situations.

Applicable to:

Stakeholders: [Norms/values](#), [Customs/traditions/rituals](#), [Communication](#)

Disaster Phases: [Response](#)

Types of Actors Concerned: [National civil protection body](#), [Local authorities](#), [Non-active citizens](#), [Government](#), [National research bodies](#), [Red Cross](#), [NGOs](#), [Military](#), [Law enforcement agencies](#), [Healthcare and emergency services](#), [European Civil Protection Mechanism](#), [UN and other international organisations](#)

Hazards: [Natural hazards](#), [Man-made non-intentional hazards or emergency situations](#), [Man-made intentional hazards](#)

Recommendations:

- [Foster social connectedness and the development of a strong sense of community, as these encourage citizens to help each other in disaster situations](#)

Source

[Deliverable D7.3 "Report on cultural factors and citizen empowerment" \(page 38\)](#)

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